MORE DATA. MORE ACTION. BRIGHTER FUTURE.

ADVANCING A PROMISE TO REDUCE MILITARY SUICIDE

★ STOP
★ SOLDIER
★ SUICIDE

NEUROFLOW®

SITUATION & MISSION

Service members and veterans are at a 50% higher risk of suicide than their peers who haven't served. Stop Soldier Suicide knows it can—and must—do more to change that. Their promise is to reduce the military suicide rate by 40% by 2030.

This is more than just a numbers game, however. This is a deeply personal mission to identify and address the complex challenges that can drive military service members and veterans into crisis. It is critical to identify and support those who need help *before* they come to a crisis point.

Data and technology are crucial allies in this fight. There is a time period after deployment or discharge when service members are at higher risk of dying by suicide. But that fact alone doesn't go deep enough to uncover which individuals are at risk, why, and how to support them. Guesswork isn't good enough; saving lives requires a data-driven approach to timely, targeted, and personal intervention.

EXECUTION

Stop Soldier Suicide is investing in data science and technology innovations to bring world-class assessments and suicide intervention programs to at-risk service members and veterans. Recently, the organization partnered with behavioral health solution provider NeuroFlow to achieve three objectives:

- Screen clients remotely to inform Wellness Center personnel

- Encourage the completion of client assessments to better stratify risk

- Deliver more customized education for the variety of veterans and service members served

KEY PERFORMANCE METRICS:

22

Stop Soldier Suicide Clients identified as "At Risk" over the span of 3 months

66% ↓

Clients with reduced depression symptoms over 8 weeks

33% ↓

Clients with reduced anxiety symptoms over 8 weeks

> "Through our partnership with NeuroFlow, we can empower our clients with real-time symptom tracking and help them practice better self-awareness. Now we understand the trends in our clients' mental health symptoms, allowing us to create dynamic safety plans and provide better care. NeuroFlow also equips our clients with more knowledge and choices in regard to their care."
>
> **– Lisa Petersen,**
> **Stop Soldier Suicide Clinical Director**

The initial program was designed to enhance care quality through timely and holistic interventions for at-risk service members and veterans. Stop Soldier Suicide care coordinators shared NeuroFlow's mobile application with a group of service members and veterans through text invitations. Once clients signed on, the solution automated the assessment process and quantitatively tracked their progress.

The tool uses multiple factors related to an individual's mental health to stratify potential risk—including PHQ-9 and GAD-7 scores, questionnaires, resource utilization, and trackers for sleep, pain, and mood. In conjunction with care coordinators' outreach, the application's content libraries engaged clients with evidence-based activities and education.

One key ingredient in addressing clients' challenges is NeuroFlow's personalized approach to support rather than a one-size-fits-all model. This gave Stop Soldier Suicide the ability to treat each client subjectively, customizing the tools and resources they received based on their underlying health conditions and program engagement.

ASSESSMENT

In the first few months, the new approach proactively identified 22 at-risk individuals.

Notably, it drove an urgent intervention for one person who wasn't identified by other means. The partnership also drove a significant reduction in depression and anxiety symptoms overall. The PHQ-9 scores for depression dropped in 66% of users, and the GAD-7 scores for anxiety declined in 33% of users.

Client engagement with the solution proved substantial as well, shown by a 75% registration rate among those invited to use NeuroFlow. Clients mainly used trackers to log pain, sleep, and mood, educational videos, and the CAMS-care suicide ideation assessment.

Mission alignment has proven to be a core attribute of this partnership. Much like Stop Soldier Suicide, NeuroFlow is a veteran-led company driven to improve behavioral health. Both organizations recognize that a meaningful reduction in military suicides will only be achieved if we make it easier to reach the right people at the right time with the right support.

> "NeuroFlow provides value in my role as a Wellness Coordinator by filling the gap between client contacts, and helps us better understand a client's headspace between contacts. It also empowers clients to track progress independently while having a Wellness Coordinator in their corner. It all works together to better inform the wellness plan we build."
>
> **– Jared Zamora,**
> **Stop Soldier Suicide Wellness Coordinator, U.S. Army Veteran**

Based on the initial program's success, Stop Soldier Suicide plans to expand the utilization of NeuroFlow's services across the entire care team. It is one more way the organization is seizing opportunities to do more for our veterans and service members, and advancing the promise to reduce military suicide.

NO AMERICAN HERO SHOULD EVER FEEL ALONE. If you know a veteran or service member in crisis—or are one yourself—please contact Stop Soldier Suicide to get help now.
(844) 609-0861 + https://stopsoldiersuicide.org/get-help

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